

# Central

THE CENTRAL IOWA EXPERIENCE

MAY 2015

## WORKOUT AT THE PLAYGROUND

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DEMONSTRATES A FEW  
FUN PLAYGROUND WORKOUTS

## WATER SPORTS GUIDANCE

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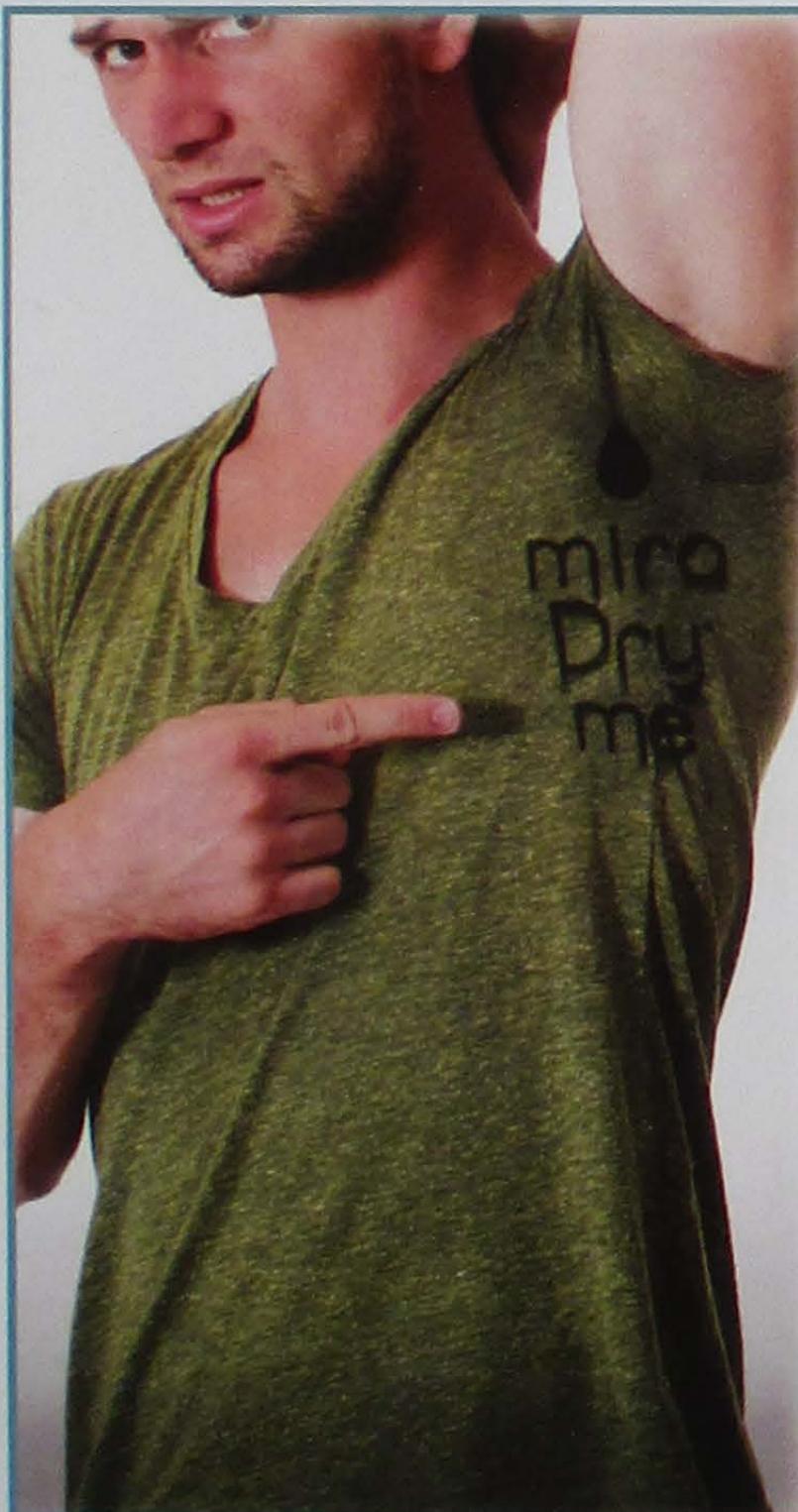
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# Facets

THE CENTRAL IOWA EXPERIENCE

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ON THE COVER: Kecia Place-Fencl demonstrates the Karaoke Shuffle.

## EDITOR'S NOTE

Summer is just around the corner. Days are in limbo with warm sunshine but cool shadows. I personally have more energy and have started thinking about what I want to get done this summer and how I am going to make my forming 'to-do' list happen.

As with a new year, I think of the summer as a new leaf. I find it much easier to get active and keep with it. The summer months encourage people to get outside and stay outside.

My favorite summertime activity is spending the day on the water, be it a river or lake. I have been known to forget about the sunscreen when packing my day bag, or maybe pack one water bottle when it would be better to pack two or three.

This year I will be making a summer resolution: Take care of my body while having fun. For starters I am getting my 'Summer day' bag put together. Items I usually include are: sunscreen, insect repellent, a hat, sunglasses, beach towel and this summer, multiple water bottles. Since I spend mid-morning to after sunset on or near the water some days, I also bring a warmer change of clothes such as tennis shoes, socks, a sweatshirt and sweatpants. And don't forget some snacks! I like the crunchy snacks such as apple slices, carrots and pretzels. Believe it or not, I can fit this list in my back pack, sans the hat, sunglasses and beach towel.

Along with taking care of your health and making sure to avoid summer ailments due to the heat, remember to have fun, explore Ames and the surrounding summer attractions, and don't put off summer fun until tomorrow or the weekend.

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# Summer Skin on the Farm

BY KAREN SCHWALLER  
Contributing writer

I gazed in the mirror recently as I readied myself for a speaking event and decided that, with all the wrinkles and lines I saw, I must have signed up for the government's voluntary Nutrient Reduction Strategy not only for our farm acres, but for my face as well.

When you talk nutrients and hydration with farmers, it's a whole different conversation. And with women on the farm, the conversation can still take a twist.

Farm life is harsh on the skin — especially as spring gives way to summer. She's in the dirt wherever she finds herself — mowing around the farm yard, stacking bales on the hay rack and in the barn, driving the baler, working ground, driving on gravel roads, and even just being inside the farm family's car can raise enough of a fog from road dust that she wishes there were goggles and windshield wipers inside the car.

She's out sweating in the summer months, working all that natural fertilizer into her garden and wiping some of it off of herself when she does that, and when she helps load hogs, work cattle or clean out the barn yards. Sweat is a dirt magnet. And the sun bakes it all in, removing valuable nutrients and hydration as the day goes on.

She sees bags under her eyes sometimes, but the bags that really matter in her life are the ones she lifts from the truck bed and carries into the feed shed, and the nose bags she packs for her family once field work begins. ('Nose bags' are field lunches, called as such because her guys always have their noses in the bags to see what's in there to eat.) Every now and then she'll pack her bag to visit friends or family, and she'll bag up a ton of sweet corn every August so her family can enjoy that fresh-from-the-field taste when winter rages.

Farm life adds a whole new element to skin care for the woman of the farm. She watches commercials for those expensive wrinkle creams on T.V. with fascination — knowing she probably should be using things like that, yet deciding that the sheer magnitude of her life would probably overpower any wrinkle cream on the market. I have yet to know of an anti-aging serum that would stand up to the rigors of life and stress for the average farm woman.

However, I've made some salsa that could probably peel dead skin cells off of a skunk. And the only real cost was my time. I'm sure New York will be calling any minute.

She knows she should be doing some kind of facial mask regimen, but knows more than anyone that as soon as she puts it on, her help will be needed outside

because the hogs got out — and we all know how it goes chasing hogs back in. On the other hand, who knows how much better it might go if we were to show up to chase pigs with our facial mask on? Maybe the pigs would be spooked enough to want to go back in where they came from for once.

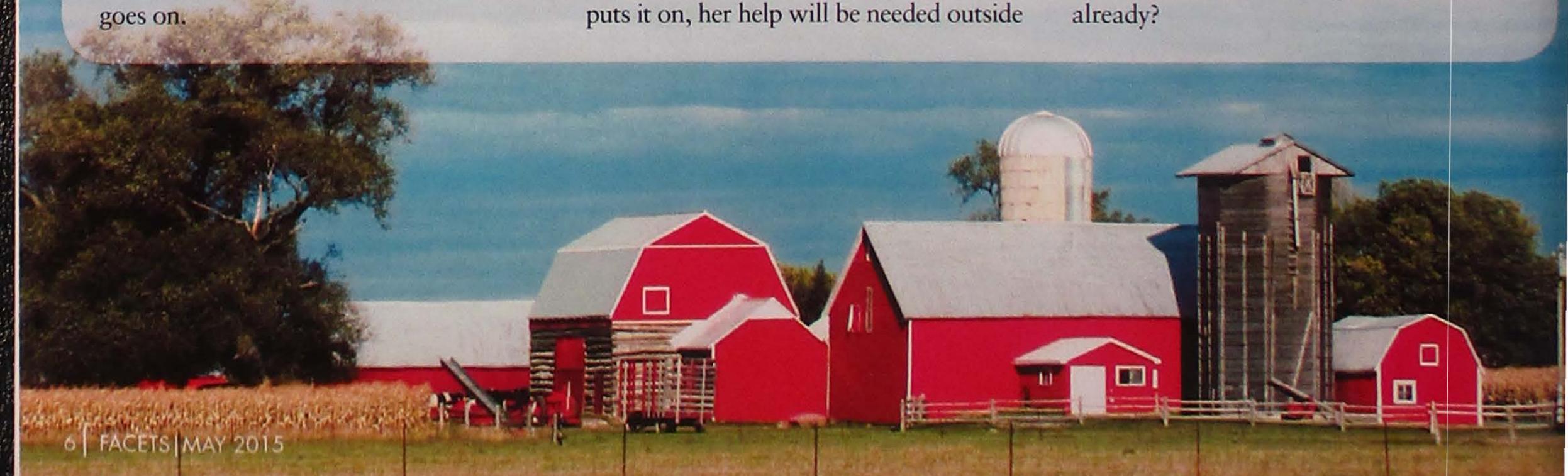
When our German foreign exchange daughter was with us, she once saw one of our (then) 14-year-old sons come into the house following an afternoon of baling. He was a sunburned, filthy, sweaty sight from his hair to his shoes. His skin was leathery-looking from the day's work.

When she caught sight of him, her eyes followed him around, looking shocked that he would even be in the house, but she remained quiet. Finally, the words came.

"My mother gets upset because my brother gets so dirty. But she doesn't know the meaning of the word 'dirty,'" she said, still looking like someone ate the last piece of cheesecake right in front of her.

Thank God for soap and a garden hose for most of the family, along with a daily slathering of facial and body lotion, and garden cucumber slices for the farm woman's summer skin. Add a hot salsa peel in there somewhere, and you've got a great new rural skin care T.V. commercial.

Where are all the Hollywood producers already?



Warmer weather is upon us, and it's finally nice enough to go to the playground with the kids. While they are running around burning energy, you can also get in a good workout. Here is a short workout for you to do at the playground that incorporates both strength and cardio.

# WORKOUT AT THE PLAYGROUND

KECIA PLACE-FENCL | Contributing writer



## KARAOKE SHUFFLE

Start by moving to the right by extending and planting your right leg far to the right. Follow this up with your left leg, planting it behind your right leg in a grapevine movement. Move your right leg far to the right again, this time following it up with your left leg planting in front of your right leg. Continue alternating and swinging your hips as you go. After 30 seconds of moving to the right, stop and move back to the left for 30 seconds, this time leading with the left leg.

Photos contributed by Kecia Place-Fencl

## PARK BENCH PUSH-UPS

Start by putting your feet on the park bench and your hands on the ground with your belly facing the ground. Do 10 push-ups this way. Next, switch and put your feet on the ground and your hands on the park bench. Do 10 more push-ups this way. End with 10 regular push-ups completely on the ground.

## JUMPING JACKS

Start with your feet together and your arms by your sides. As you jump up and separate the legs, take the arms over head. You should land with both feet on the ground separated wide before you jump again bringing the legs and arms back to the original starting position. Complete as many jumping jacks as you can in 30 seconds.

SEE FITNESS, page 8

**\*\*Before you begin any exercise routine, you should consult your doctor.**



FITNESS Continued from page 7

## PARK BENCH TRICEP DIPS

Start by sitting on the park bench. Place your hands next to your hips on the bench, extend your legs long in front of you, and slide your glutes off the bench so you are supporting yourself with your hands. Slowly lower your body down in front of the bench, while bending at the elbows until the upper arms are almost parallel with the ground. Slowly return back to the starting position before repeating. Keep the lower back close to the bench during this exercise. Do 12 to 15 repetitions.

## SUMO SQUATS

Stand with your feet wider than hips distance apart and your toes pointing outward. Slowly bend at the knees lowering the glutes toward the ground until the upper part of the legs (thighs) are almost parallel to the ground. Stand back up and repeat doing as many squats as you can in 30 seconds.

## INCHWORM

Start by standing upright. Bend at the waist and place your hands on the ground in front of you. Walk your hands forward until you are in push-up position (or plank position), then walk your feet toward your hands before standing back upright and repeating. Do 12 to 15 repetitions.



## MOUNTAIN CLIMBERS

Start in push-up position (or plank position) with your hands on the ground under your shoulders and your feet hips distance apart. Without shifting your hips, lift your right foot off the ground, bring your right knee up to your right elbow, extend your right leg long and plant your right toes back on the ground in the starting position. Without shifting your hips, lift your left foot off the ground, bring your left knee up to your left elbow, extend your left leg long and plant your left toes back on the ground in the starting position. Keep alternating sides and do as many as you can in 30 seconds without letting the hips shift.

Looking for fun ways to incorporate your kids into your workout? Play a game of leap frog or tag with them; have them sit on your lap while you do tricep dips; hold onto them while you do sumo squats; have them do jumping jacks with you and see who can do the most in 30 seconds; have them do the karaoke shuffle with you and see who can get the farthest to

the right and left in 30 seconds.

If you have the time to complete all of this workout, or even part of it again, do it! Take advantage of the time that you have. Burn those calories, improve your cardio fitness and build strength. After all, the playground isn't just a place for the kids to exercise and have fun!

**\*\*Before you begin any exercise routine, you should consult your doctor.**

# Strategies to limit bedtime battles



BY ARMIN BROTT  
AND SAMANTHA FEUSS  
Tribune News Service

**G**etting the kids to go to bed — and actually stay there — can be one of the most challenging parts of any parent's day. The best solution is to have (and keep) a good bedtime routine. But what's a harried mom or dad to do when the routine doesn't work? Sometimes, having the

right helper is just what the Sandman ordered. Check out some of these fun and innovative new products for bedtime and beyond.

#### **MELODY MATES** (Melody Mates)

Most kids (and most grownups, too) want a soft, snuggly blanket to cuddle up with. And what could be better than one with a gently glowing, soothing animal face on it? Melody Mates actually goes one step further, pairing the

blanket with a matching (and washable, yay!) pillow. Push a button and calming lullabies play and the LED lights glow — just enough to be friendly and put an end to those bedtime battles, but not nearly bright enough to interrupt sleep (that would be evil, wouldn't it?). Soft, plush Melody Mates come in six flavors, including cow, duck, frog and monkey. For ages 12 months and up. About \$30. Unfortunately, batteries aren't included. [www.MyMelodyMates.com](http://www.MyMelodyMates.com)

**BROBO** (Brobo)

If you haven't met Brobo and his friends, we're glad to introduce you. These fun, adorable, cuddly buddies first hit the market in 2012 but were pretty hard to find until now. There's Brobo himself, Pep, Mumu, Trex, and Dog. All of them have a futuristic, robot feel and a glowing center that looks like Iron Man's Arc Reactor. They're great company for your little one, and they'll definitely help scare away the darkness when it's time for lights out. The glowing center has a very bright "flashlight" mode and a much-less-bright nightlight mode. Just swipe a hand (or tail) over the lights to activate. Both shut off automatically after five minutes. \$35 at [www.brobo.com](http://www.brobo.com).

**OK TO WAKE! CLOCK**

(Patch Products)

If you've got a child who gets up at 5 a.m. when you were looking forward to sleeping in, the OK To Wake! Clock will be your new BFF. The clock will let your child know — even if he or she can't tell time — when it's okay to get out of bed and demand breakfast or cartoon time. This one is designed for kids around 5 and up, who can respond better to reasoning. Just set the desired time, and the faceplate will light up. Testers said kids usually follow the process after a few days. And for those weekday mornings

when the kids would like to sleep 'til noon instead of going to school, you can use the OK to Wake! as an alarm clock (in that mode, it makes a noise when it lights up). You can also use it as a night light. Batteries required. \$33 at [www.patchproducts.com](http://www.patchproducts.com).

**DINO PET** (BioPop)

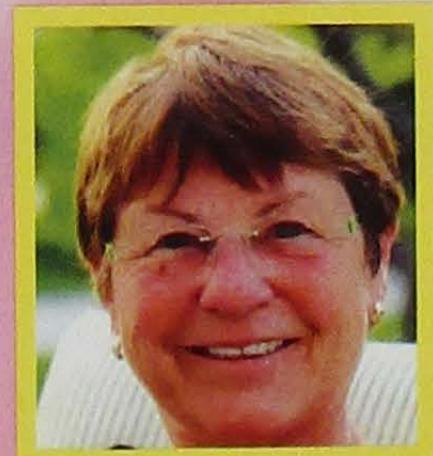
Although Dino Pets are shaped like dinosaurs, they don't really have very much to do with those prehistoric reptiles. The Pet's name comes from dinoflagellates, which are the bioluminescent algae that live inside its clear, plastic body. (Yes, we know that dinoflagellates sounds like a dinosaur that has gas or is being whipped.) Like most other pets, Dino Pets are alive and are fun to play with. Unlike other pets, you don't have to take them for walks or clean up after them. You will have to feed them and give them fresh water, though, but only once a month or so. During the day, the algae soaks up energy from the sun or low-wattage light bulb. But at night, they put on an amazing light show — all you have to do is touch the dino's body or gently shake it. Part night light and part science project, Dino Pets are absolutely fascinating. \$59.95. Dino food (sold separately) is \$14.95, and if your colony suddenly goes extinct, you can order refills for \$49.95. <http://biopop.com/products/dino-pet>.

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# Hotel giants are targeting tech-savvy millennial traveler



The new Virgin Hotel in Chicago. New hotels like this one are being opened to appeal to the millennial traveler, ages 18 to 34.  
Photo by Brian Cassella/Chicago Tribune/TNS

BY HUGO MARTIN  
Los Angeles Times/TNS

**A**t the latest breed of hotel, rooms are up to one-third smaller than traditional quarters, with furniture that looks fresh from an Ikea showroom.

The work desk is downsized and might double as a nightstand. The Internet speed is super fast. The Wi-Fi is free. Power outlets and USB ports dot the walls, especially near the bed to accommodate binge watching.

The target is the millennial traveler, ages 18 to 34, who likes to stay connected online, eat on the run and commune with other millennials.

Hotel giants, including Marriott International and Hilton Worldwide, are launching brands with names such as Moxy, AC, Edition, CitizenM and Canopy. Even billionaire Sir Richard Branson has a new millennial-oriented

chain, dubbed Virgin Hotels.

For good reason: Millennials number more than 75 million in the U.S., and this year the Census Bureau projects they will surpass baby boomers as the nation's largest generation.

Plus, they have money to blow. U.S. millennials plan to spend about \$226 billion this year on travel, according to a Harris Poll survey.

"I think it's definitely a smart move," said hotel consultant Alan Reay of Atlas Hospitality Group in Costa Mesa, Calif. "It's a huge market."

Creating a millennial hotel means tossing out some traditional features, such as the talkative concierge or soothing fountain.

Full-service restaurants are usually nixed in favor of healthy food-to-go choices in the lobby.

Business centers are swapped out for spacious gathering areas with communal tables, couches and comfy chairs

— sort of a hipper version of the parental home that millennials might still be inhabiting.

The front desk check-in might be replaced by a kiosk transaction, as at the podlike Yotel inn near New York's Times Square or Starwood Hotels' Aloft chain, which is slated to open a location in August near Los Angeles International Airport.

"I don't spend lots of time in my room," said Erin Schrode, 23, co-founder of a nonprofit environmental education program in Sausalito, Calif. "If the room is small and the lobby is comfortable and there are niches and corners to work in, I'm great. We are a communal people."

What the hotels lose in luxury they make up for with technology, including keyless room entry for some hotels and smartphone apps that let guests adjust the room temperature or make restaurant reservations without talking to a human.

At the Aloft hotel in Cupertino, Calif., not far from Apple's headquarters, a 3-foot-tall robot delivers snacks or other small items to guest rooms. The Apple Watch will be able to handle check-in at certain Aloft hotels.

The Yotel New York employs a one-armed robot to ferry luggage into storage lockers, all behind glass. At the nearby CitizenM hotel, each room comes equipped with a Samsung tablet to control lighting, curtains and other features.

"The new traveling generation has a different DNA than their parents and grandparents," said Harry Wheeler, a principal at hotel design firm Group One Partners.

Daria Taylor, 26, welcomes the new hotel style. Taylor said she travels regularly for her job as co-founder of a London-based digital entertainment and youth insights agency.

"I think hotels are very slow at adapting to change," she said. "Many have outdated designs, stuffy communal areas and don't have basic things like Wi-Fi or automated check-in systems."

For Katelyn O'Shaughnessy, 28, convenience is a top priority.

"I don't want to stand in line to check in," said the founder of a Los Angeles travel start-up who is on the road at least twice a month. "I would rather have mobile check-in so I can get right to my room."

As for room size, she quipped: "You can put me in a closet; as long as there is Wi-Fi, I'll be happy."

Millennials say they don't

want to spend on frills but insist on modern amenities and a location within walking distance of bars, restaurants and other nightlife.

The rates for millennial-oriented hotels typically range from \$150 to \$200 a night, less than full-service hotels but not as cheap as economy hotels, consultant Reay said.

The minimalist CitizenM boasts on its website that "we sold the hotel cliches and used the money to make your stay cheaper," with rooms starting at \$199 a night.

The 230-room hotel, which opened last year, also houses a 24-hour cafeteria, as well as a full-service coffee and cocktail bar.

Marriott International is launching three hotel brands for millennials in the U.S.

Moxy is Marriott's mid-price boutique hotel that is set to open in eight locations in the U.S., including New York, San Francisco, Seattle and New Orleans, starting as early as next year.

AC is Marriott's European-style brand that has opened U.S. hotels in New Orleans and Kansas City, Mo., with a third slated to open in Washington, D.C., next month.

Edition is Marriott's high-end brand that opened its first U.S. hotel in Miami Beach last year, with another scheduled to open in New York this year.

"They center around social media and technology with an emphasis on style and design," said Tina Edmundson, Marriott's global officer for luxury and lifestyle brands.



The bar on the second floor of the new Virgin Hotel in Chicago.  
Photo by Brian Cassella/Chicago Tribune/TNS

Montage Hotels & Resorts, based in Laguna Beach, Calif., plans to open its own millennial hotel, called Pendry, in San Diego next year. The company describes the new brand as "London hip, New York paced and California healthy."

Billionaire entrepreneur Branson launched Virgin Hotels last year in Chicago. He has announced plans to

open a Virgin Hotel in New York next year, with others under consideration in Los Angeles, San Francisco and several other cities.

The Virgin Hotel in Chicago features rooms with sliding doors that separate the bedroom from the bathroom, hallway and closet. The rooms have mini fridges stocked with snacks at street prices, free high-speed Wi-Fi and a Bluetooth sound system.

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**STYLE**

# *When your patio needs some Attention*

BY ALAN J. HEAVENS | The Philadelphia Inquirer

**W**e recently had a new home built that includes a large screened-in patio with concrete pavers on the floor.

After almost four months, there are still a lot of areas where sand needs to be added between the pavers or where sand has risen

and thus there is loose sand on the surface — no matter how many times we sweep it.

Is this normal for these types of floors? How long should it take for all the sand to settle? Also, should pavers be sealed, and is there anything that can be done to keep the sand in place?

## **Answer:**

I think this is normal. My patio of interlocking pavers needs periodic maintenance, especially weeding between the pavers in the spring.

Sand has a tendency to wash out between the cracks, and you should see what the chipmunks have been doing to a small area with concrete pavers in another spot in my yard.

A few years back, when I had a couple of free days, I decided to remove all the growth and moss between the patio pavers and add more sand, which is done simply by sweeping it around until the cracks are filled.

At a hardware show that year, I came across a product that was being introduced by Quikrete called PowerLoc Jointing Sand.

The product is polymer-based, which Quikrete said prevents it from washing

out or cracking.

Quikrete touted the product, which comes in 50-pound bags ranging in price from \$14 to \$18, depending on where you buy it, as resisting weed growth, insects and erosion, as well as stabilizing the pavers and not staining them.

I tried it on just a small part of my patio, and the product did what it was supposed to, but I didn't have time to use it on the rest of the patio.

I typically don't recommend products — your situation and experience may be different from mine — but the cost of experimenting with one bag isn't great.

The section of my patio that has PowerLoc is the only one where I never see any anthills between the cracks, and that may be an added benefit.

Information is available on the Quikrete website: [www.quikrete.com](http://www.quikrete.com).

# Moving an elderly parent to live nearby: COMMON AND COMPLICATED

BY BARBARA BROTMAN  
Chicago Tribune

**A** friend is in the middle of the tense logistics of moving his elderly and ill father up from Florida to be near him. We talked about it — the process, the complexity, the inevitability — because I did the same with my mother.

And after the conversation, I found myself revisiting the experience.

It is one widely shared. My mother's senior citizens' residence is filled with people who moved there to be closer to their children. Several are parents of my friends.

But it isn't an easy move. And the word "move" doesn't seem quite right. It didn't feel like a move to me; it felt like an evacuation.

My mother lived alone in New York; I am her only family. We had talked about what to do if she became unable to live alone. We had visited several assisted living facilities there and never taken it further.

But move to Chicago? She was a lifelong and fervent New Yorker. She wasn't interested.

Until she fell, broke her shoulder and had to stay in a rehab facility for three months.

Where no matter how many weekends I flew in to visit, she was virtually alone.

And that was that. She could love New York all she wanted, but we both knew she had to move to Chicago.

And she had to move immediately.

I was desperate to fly her out before another medical emergency. What if she fell again or became too ill to travel? I pictured her trapped in a New York nursing home, with me trying to coordinate her care long distance.

We sold the apartment, I packed up her belongings and within weeks, she and I were on a plane. At age 93, she left New York.

My friend Amy remembers the same urgency.

Her mother lived in Kansas City and was losing her ability to speak due to primary progressive aphasia and starting to develop dementia. She had come to Chicago a few times to look at assisted living facilities with Amy but had turned them down.

"She was just absolutely opposed to it," Amy said. "This was where her church was, where her clubs were."

But it was also where danger was. When her mother started falling repeatedly and having trouble using an ATM, Amy and her two brothers held a conference call.

Their mother was no longer safe in Kansas City, she said. Her brothers agreed, one suggesting that they think about getting her out in the spring, some six months later.

"I said, 'Have you not been listening to this conversation? We need her out next

weekend,'" she said.

Within two months, she and her mother were on a plane to Chicago.

My friend Sara also feels the rush to get her mother out of her home. But she is seeing the other side of the parental move — the parent who refuses to make it.

Her mother, a widow, is determined to stay in her Bay Area home. Despite multiple health problems and frequent falls and broken bones, she has so far rejected her three children's urgings that she move to Arizona, where Sara's sister lives.

The siblings got her to move into an assisted living facility, but their mother has been turning down many of the care services it provides and has been hospitalized repeatedly.

"It's just very challenging," Sara said.

On the plus side, the situation has prompted some productive conversations with her own children.

"I've said, 'Please call me on it if you see me being that stubborn. Remember, you have my permission,'" she said.

And so the parental move possibilities play out in all sorts of ways. There are no easy answers, no matter how common the question.

Amy's mother did well in an assisted living residence near her home. She lived there for two years before she died.

"I was so grateful that

she was here where I could monitor her care, because I was her medical power of attorney," Amy said. Otherwise, "I don't know how it would have worked out. She would have been in a nursing home."

My mother mostly made her peace with her move here, where she is surrounded by lovely people in an apartment a few minutes from my house. Still, she mourned the life she left behind.

She has confided as much to my daughters — but never to me because, as one of them said, "she didn't want to hurt your feelings."

It was a kindness on top of the one she had already done for me by moving here. She is 101 years old now; the thought of her living in New York is inconceivable.

Still, I took great delight a few years ago when her New York self reared up on a visit to the Art Institute of Chicago.

My mother was a member of the first class of volunteers at New York's Museum of Modern Art, including a stint as editor of the education department's newsletter. She volunteered there for more than 20 years.

Now as I wheeled her through the Art Institute's modern wing, she sniffed haughtily.

"The best paintings are at MoMA," she said.

That's my New York mom. Even in Chicago.

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# Kids dig playing in the Dirt

BY JAN RIGGENBACH  
Contributing writer

**A** heavenly match for small children: dirt and water. I've seldom seen a kid who wasn't fascinated by that magical combination.

Taking advantage of that natural affinity, why not introduce a child to gardening this growing season? Immediate benefits include fun, wonder, education, exercise, and possibly even a healthier diet, assuming the child actually eats the food he or she grows. In the long term, this summer's activity could even lead to a satisfying lifetime hobby.

I've introduced children as young as two to gardening simply by providing a big container filled with soil. Imagine the delight of poking some seeds of a dwarf sunflower variety into the soil, then watching the seeds sprout and grow quickly into an impressive display. Or how about digging small holes for bedding plants, then keeping the soil moist with a small, kid-sized watering can?

As children grow, a small garden plot of their own is ideal. Just a 4-foot square makes a good start, small enough to keep the project

fun and manageable, but not so big as to be overwhelming. That's enough room, for example, to grow a full-sized cherry tomato plant like Sweet Million in a cage, plus a compact cucumber such as Spacemaster or Salad bush.

At the edge, day-neutral strawberries like Tribute or Tristar would provide a small but steady supply of berries for snacking all summer. There'd still be room to poke in a few large and easy-to-handle zinnia seeds. Zinnias are great not only because the flowers are pretty but also because they attract butterflies. Besides, watching plants grow from seeds is a wonder not to be missed.

A full watering can is heavy to carry when you're not very big. When our kids were young, their father solved the problem by bending the lips of empty tin cans to make spouts for pouring. Then, with a full bucket of water set near each garden space, it was easy to dip and pour water at the base of each plant.



With some brightly-colored, kid-sized tools, children have fun poking and prodding the soil. I like to stand back to watch, leaving the kids plenty of time for discovering worms and breaking up clods and offering guidance only if requested. Gardening seems to work best for most kids, I've discovered, when it's a mostly self-directed activity.

What about mulch? These days, I always mulch my gardens to hold in moisture and keep down weeds. But back when I was growing up, mulch was unheard of. I loved hoeing the soil regularly and feeling the soft soil with my bare feet. I say let the kids skip the mulch and play in the dirt.

With some brightly-colored, kid-sized tools, children have fun poking and prodding the soil. Photo by Jan Rigggenbach

# Ames Chamber Artists presents spring concert

The Ames Chamber Artists spring concert, Voices in Bloom, will be performed on Saturday, May 9, 2015, at 7:30 p.m. at Northminster Presbyterian Church, 1416 20th Street, in Ames. Tickets will be available for purchase beginning in April. Advance tickets are \$12 for adults, \$9 for seniors and students (\$15 at the door). Children under 12 are admitted free. Advance tickets are available at Everts Flowers Home & Gifts and Rieman Music in downtown Ames or from any Ames Chamber Artist member.

Sharing a passion for fine choral

music and its performance, the Ames Chamber Artists is an auditioned chorus comprised of singers drawn from a wide variety of ages, vocations, and backgrounds.

We are excited to present our 2015 spring concert season, which offers selections that will appeal to diverse musical tastes. Exceptional programming combined with artistry allows the Ames Chamber Artists to bring fine choral singing to the community.

We invite you to join with us as we celebrate and enjoy a season of wonderful music. You won't want to miss a date!



Ames Chamber Artists. Contributed photo

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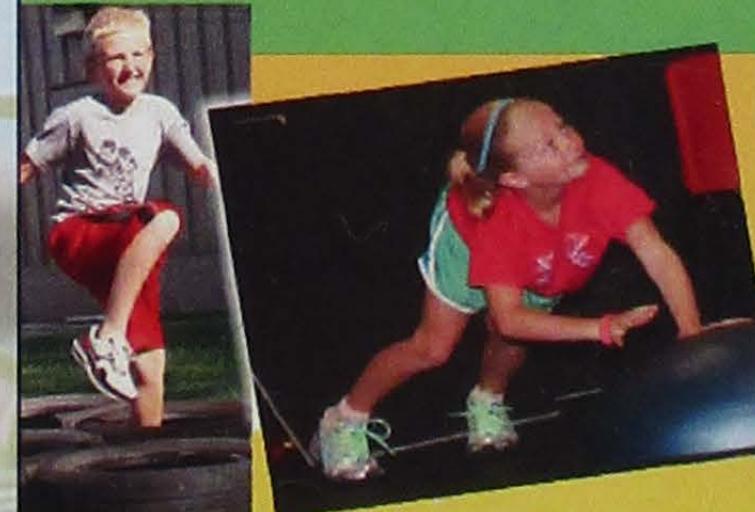
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# Between sunscreen and indoor lifestyles, bodies crave vitamin D

BY LESLIE MANN  
Chicago Tribune

**T**ammi Leader Fuller, 55, is outdoors most of the time, running her Malibu, Calif.-based sleepover camps for grown-ups. Yet, she knows she does not get enough of D, the "sunshine vitamin," because it requires ultraviolet rays to be absorbed.

"I'm always covered with sunscreen because I've had skin cancer," said Leader Fuller ([www.campowerment.com](http://www.campowerment.com)). "So I'm in the sun, but my D level was way low. Now I take a 10,000 IU supplement a day and eat vitamin D foods, and my level is almost normal."

Vitamin D deficiency is not unique to people in cloudy Northern states, said Kim Larson, a registered dietitian/nutritionist in Seattle and a spokeswoman for the Academy of Nutrition and Dietetics. It's a byproduct of our lifestyle."

"We stay inside in the North to keep warm, or in the air-conditioning in the South to keep cool," Larson said. "Instead of going outside to play, we're inside, on our computers. When we're out, we wear clothing or sunscreen to protect us from cancer."

Although the advent of D-fortified milk in 1932 eliminated widespread rickets (soft bones) among children, milk is no longer a diet staple. Gone are the "Ozzie and Harriet" days when almost every meal included milk.

About 42 percent of adults are D-deficient, according to the most recent National Health & Nutrition Examination Survey. The percentage varies a lot by race: Blacks have the highest rate, 82 percent.

Most people she tests in Seattle lack enough vitamin D, Larson said, and it is especially prevalent among teens.

"They complain of being sore and tired, and you think it's because of their busy sports schedules," she said. "But they aren't getting enough D."

Half of the 60 adults in his 2014 study did not have enough D, said Peter Horvath, associate professor of exercise and nutrition sciences at the University of Buffalo in New York state. "You might not see the effects for years, though, so you don't know it," he warned.

D is the closest thing to a magic bullet in the vitamin world, affecting our health from every angle. It maintains our calcium and phosphorous levels, which in turn strengthen our immune system, keep us sharp and help prevent heart disease, high blood pressure, Type 2 diabetes and many types of cancer. D helps prevent osteoporosis (weak bones) and osteomalacia (bone pain).

Doctors prescribe high D levels for the treatment of a range of ailments from autoimmune disorders to multiple sclerosis.

Getting the right combination of food and sunlight, though, is complicated.

Dark-skinned people are at greater risk for D deficiency because their skin shields them from sunlight. Older people's skin is less able to process sunlight. Being overweight means D is jailed by your fat tissues instead of being used efficiently.

Many common medications, including diuretics and anti-seizure drugs, counteract vitamin D.

Ask your doctor to give you a vitamin D test, which may not be part of an annual exam, Larson said. Then a dietitian can prescribe a custom combination of foods and supplements.

For Gail Rubin, 56, of Albuquerque, N.M., for example, a 2,000 IU (international units) supplement of D keeps her

on track. She's a breast cancer survivor, has osteoporosis in her genes, eats D-rich foods but avoids the sun — all of which affect her D intake.

Rubin and Leader Fuller said they read food labels because scouting vitamin D in the grocery store is tricky. Outside of cod liver oil and some fish, few foods meet the daily requisite of 600 IUs for people ages 1 to 70 and 800 for ages 71-plus, as recommended by the Institute of Medicine of the National Academies.

"Fortified" cereals vary from 10 percent of the recommended level of D in Raisin Bran to 25 percent in Total. The cup of 2 percent milk you add to your cereal gives you only 25 percent.

Horvath favors D-rich sun-dried mushrooms. "Either eat mushrooms, which you can dry yourself in your backyard, or add the powdered form when you cook something like an omelet," he said.

Scan grocery purchases for the "USP" stamp or the <http://www.consumerlab.com> triangular logo, Larson said. They tell you those goods have been checked by independent labs.

Ideally, also get some midday sunlight, sans sunscreen, although experts concede this is not a reality for many of us. During the winter, the Earth's tilt away from the sun reduces your exposure. "Then, you could lie outside naked in the snow and not get enough sun because of the sun's angle," Horvath said.

In the next decade, we'll see a "burst of research about vitamin D," Larson said. "We're learning more about the effects of D on autoimmune diseases, cancer and heart disease, especially."

This will underscore the importance of D, Horvath said, the vitamin we must chase "despite our immobile, indoor lifestyles."

## BEAUTY

# WHAT'S NEW AT THE GROOM ROOM



**I**t's all about the guys! No, really, it is all about the guys this month. Read on and learn and then pass this on to your men.

Just when some folks thought the barber profession was dead or nothing more than a Saturday morning tradition from a fifties situation comedy in a small Southern town there has been a turnaround so quick that The Groom Room and others like it can barely keep up with demand.

Troy and Karen Tinnean opened The Groom Room in 2009 after both had graduated from PCI Academy.

What's so special? How about a hip, masculine atmosphere, a hot towel neck shave with every haircut and expert services supported by MENSDEPT retail hair care products. Their Google reviews are nothing short of awesome.

And even Hollywood has taken note of the men's world of hair, especially the beard. At the Oscars this year someone actually counted those with beards and without and those in-between. More than half of the male stars were clean shaven not even that scruffy look. Less than a quarter had beards and the balance were in-betweeners, according to Modern Salon magazine.

In April, Cedric's Barber Battle kicked off a reality competition show on the CW network that brings together expert barbers from across the country to display their talents. Experts from the barbing trade will judge the creative work. I'll be watching.

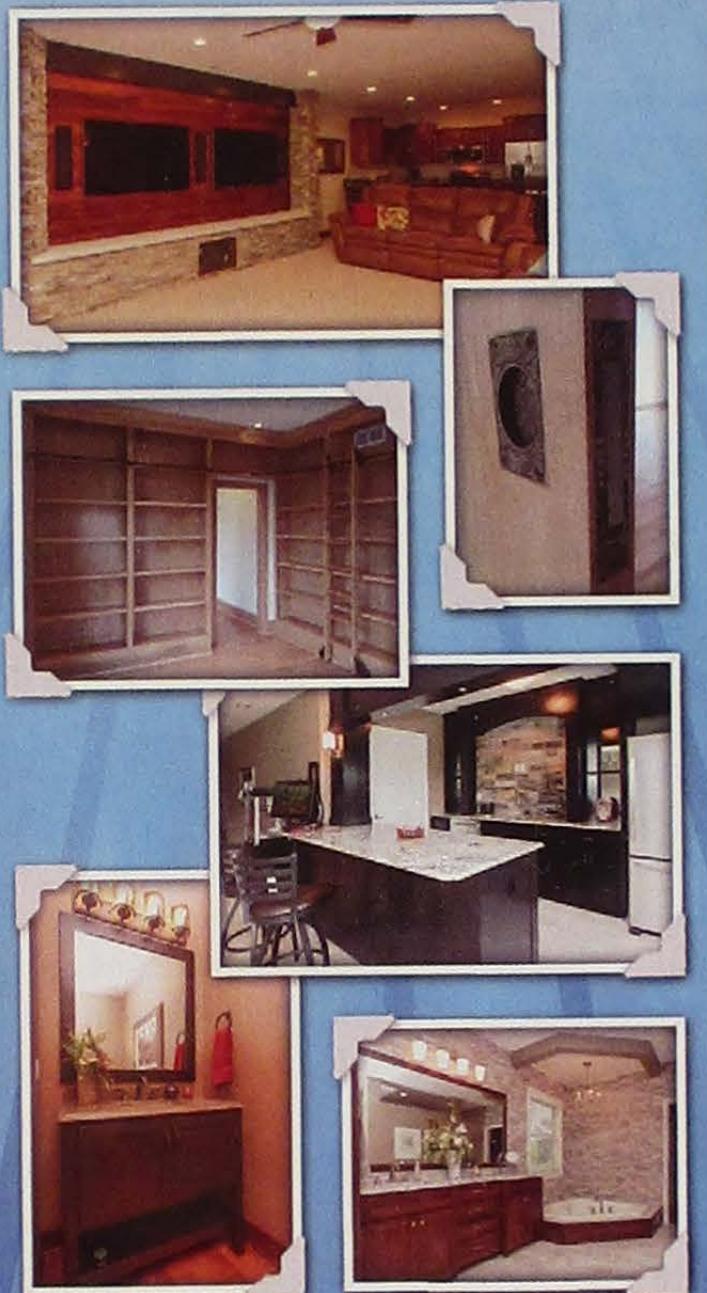
So for the guys, I've kept it short and sweet. We all want the men around us to look and feel great about their sense of style. Enjoy some of the photos from The Groom Room.



MARY CLARE LOKKEN

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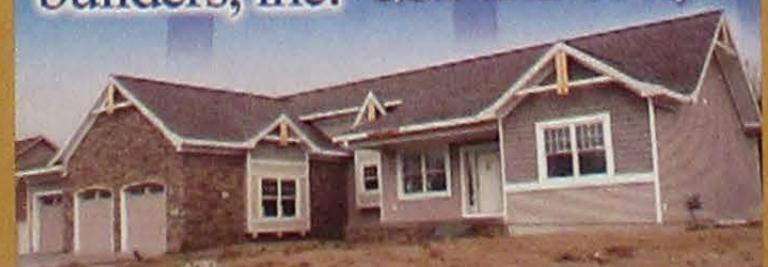
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Top: Troy Tinnean with client Michael Cain. Bottom: Karen Tinnean with client Glenn McLellan. Photos by Mary Clare Lokken

Mary Clare Lokken is the owner of PCI Academy in Ames. Reach her via email at [mclokken@gmail.com](mailto:mclokken@gmail.com).

PROVIDE

# Reading, recess and personal finance

**W**ASHINGTON — Many young people starting work or going to college are pretty clueless about handling money.

Chances are that no one taught them that if they pay only the minimum on their credit card, it may take more than a decade to pay off the balance and that interest charges could more than double what they owe. They probably look in on their account balance, but know little about budgeting expenses, let alone the benefits of saving early.

Acknowledging the problem raises a big question: Whose job is it to teach children about money when many parents struggle with it themselves?

Some groups say the answer is to start young — as in elementary school.

The idea is that children creating things with Play-Doh can learn about production and trade. Third graders counting jelly beans can come to understand saving and the power of compound interest, says Nan Morrison, chief executive of the Council for Economic Education, an organization that advocates for expanding financial education from Kindergarten through high school.

"If they start to understand that and ... how it works, we think that when they get to be teenagers they're going to be thoughtful about how to turn their dollars into more dollars," she says, "just like they saw those jelly beans grow into more jelly beans."

Studies show that young people who graduate in states that mandate personal finance education are better with money as adults. They have higher credit scores and are less likely to default on credit cards. Yet, most states don't require the classes.

Only 22 states require students to take an economics class before they can graduate high school, unchanged since 2011, according to the Council for Economic Education. The states requiring schools to teach personal finance increased slightly to 17 in 2014, from 13 in 2011, but only six states test students on that knowledge.

Recent studies show that students taught about personal finance often have better financial habits as adults. "There's a real opportunity as well as a huge need to help young people make better financial decisions," says Louisa Quittman, director of financial education at the Treasury Department.

One report released last year by the Federal Reserve found that young people in the states that mandated personal finance teaching had higher average credit scores by the time they were 22 than people from similar states that didn't require the courses. They were also less likely to default on their credit cards.

The biggest difference was seen in Georgia, where credit scores were 29 points higher, on average, after the state began requiring schools to teach personal finance. A year-long class introduced in 2006 covers micro- and macroeconomics along with personal finance. Students play a simulated stock market game, and are taught about saving, insurance and credit.

Other research shows that money lessons are more likely to stick when children are given a chance to practice what they've learned.



# How to get involved in water sports in Ames

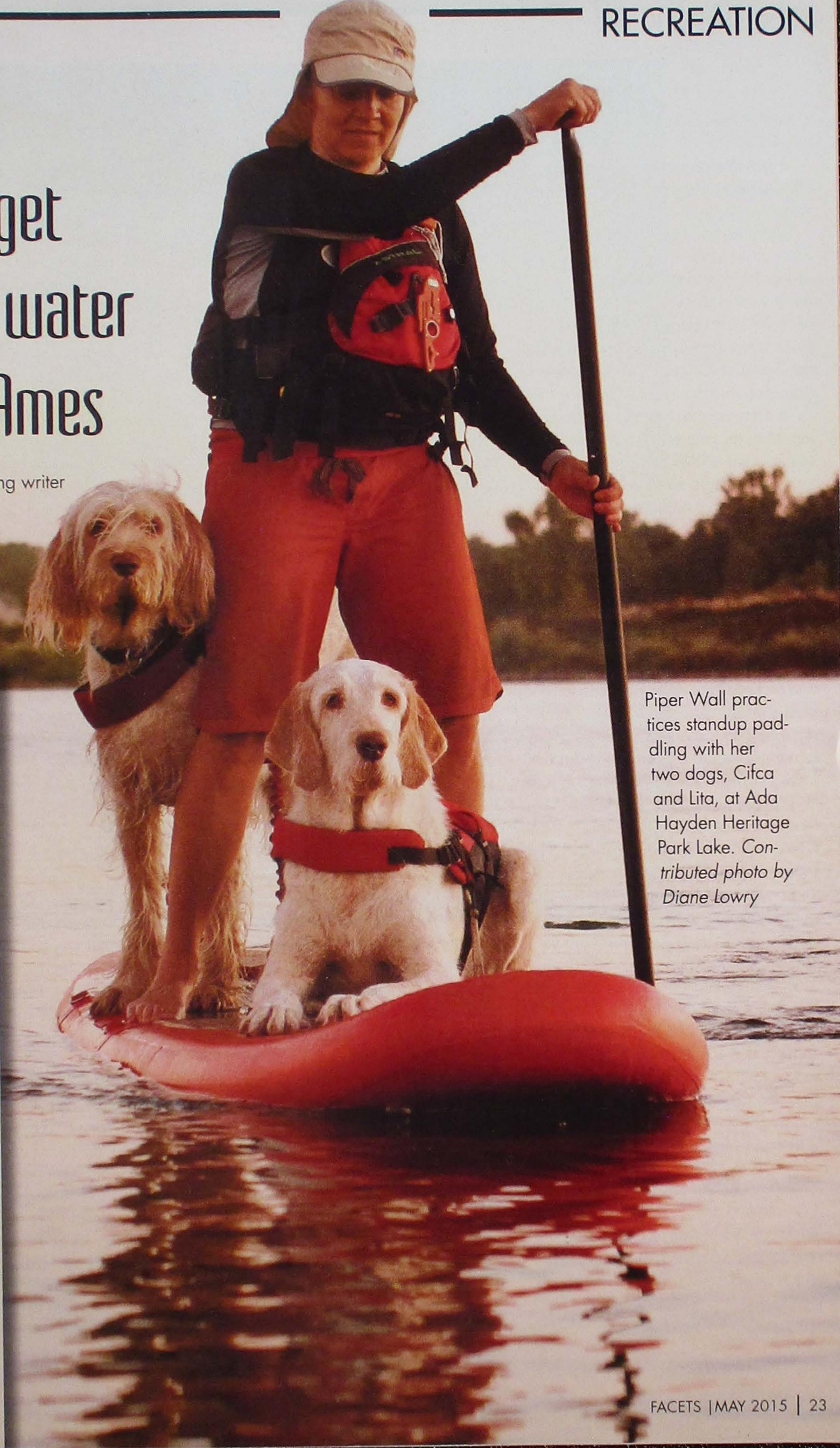
BY TODD BURRAS | Contributing writer

**S**pring means lots of things to lots of different people in central Iowa. Gardeners can be seen getting their hands dirty digging, planting and hoeing, lawnmowers can be heard humming around town, and food from the grill can be smelled as it frequently wafts throughout neighborhoods on warm, dry evenings.

For Piper Wall, though, spring means paddling outdoors.

Since 2002, Wall has served as the primary instructor and coach for the Iowa State University Canoe Kayak club. Between September and May, she typically spends parts of 55 or more days instructing students on paddling basics, safety and improving their skills in the warm water of State Gym Pool.

SEE WATER, page 24



Piper Wall practices standup paddling with her two dogs, Cifca and Lita, at Ada Hayden Heritage Park Lake. Contributed photo by Diane Lowry

# RECREATION

WATER Continued from page 23

When the ice melts in the spring, she's ready to hit the cold outdoors water.

Wall, 50, had her first flat-water paddling experience in a canoe as a young girl in 1973, and she's been in love with watercraft ever since. Since some of those early canoeing trips down the Rock River in northwest Iowa and to the Boundary Waters Canoe Area Wilderness in northeastern Minnesota, Wall began expanding her paddling interests, moving into whitewater kayaking in the 1980s, whitewater canoeing in the 1990s, and both flat-water and whitewater standup paddling in 2010.

Wall has traveled as far as Costa Rica for whitewater paddling, but she spends most of her time on the water here in Iowa. Along the way, she has immersed herself in various local, state and national paddling organizations and picked up paddling instruction certifications for canoeing and kayaking. She also initiated and then served as commissioner for both the Summer Iowa Games Whitewater Races and the Winter Iowa Games Indoor Pool Paddling events, taught classes for the Iowa Department of Natural Resources and Story County Conservation, authored and produced several paddling instructional DVDs, and been a frequent speaker for various paddling schools and organizations.

With area lakes free of ice and water flowing in local rivers and streams, another outdoors paddling season has arrived. If you're already a paddler or have an interest in learning more about a rapidly growing recreational activity, you might be interested in what Piper Wall has to say about paddling.

• • • • •

WHAT ARE YOUR EARLIEST MEMORIES OF PADDLING AS A YOUTH — WHAT AGE, WHERE, WHO WERE YOU WITH, CANOE OR KAYAK?

I grew up loving water activities

and paddling our aluminum canoe on the Rock River, which ran through our backyard. I canoed a lot with my brother, and, as I grew older, I canoed a lot alone. My entire family also canoed together, including some trips in the Boundary Waters.

The Rock River was an ideal river for kid canoeing. Once spring high water was over, my brother and I could paddle upstream and downstream from our backyard without any need for a parental shuttle. Additionally, we could wade almost anywhere in the stretch of Rock River immediately upstream and downstream from our house. We had a small, riffle rapids a short paddle downstream from our house and another short and small rapids just a slightly longer paddle upstream from our house. We could drag the canoe up either little rapid, and we could run either rapid when the river wasn't too low.

WHAT WAS IT ABOUT PADDLING THAT CAPTURED YOUR IMAGINATION AND BECAME A LIFELONG HOBBY AND PASSION?

Paddling has always provided a great mental break from stressors. River paddling offers a great opportunity to be within the wild, even if that wild is present only between two river banks as a river flows through a town. Whitewater paddling adds challenge reading and working with river features. I really enjoy the "in the zone" or "flow" state that I often experience paddling whitewater, especially park and play whitewater paddling.

DESCRIBE YOUR EVOLUTION INTO WHITEWATER KAYAKING?

In 1983, my freshman year at Iowa State University, I joined the ISU Canoe Kayak club and started whitewater kayaking. I loved it. In addition to paddling with ISUCK, I have taken instruction from many excellent whitewater kayakers over the years, including Brendan Mark, world champion squirt boater; Joey Hitchins, Canadian freestyle

coach; and Eric Jackson, world champion playboater.

THERE ARE LOTS OF RIVERS AND LAKES IN IOWA FOR PEOPLE TO CANOE AND KAYAK IN, BUT HOW ABOUT WHITEWATER KAYAKING? WHAT AND WHERE DO PEOPLE GO IN IOWA TO GET A LITTLE MORE THRILL OUT OF THEIR PADDLING?

Soper's Mill on the South Skunk River just outside Ames — good for moving water skills work at a variety of levels; Winnebago River just outside Mason City — fun rapids with good surfing from about 400 cubic feet per second (cfs) to approximately 1,800 cfs (faster flows make knowing what you are doing much more important); Charles City Whitewater Park — three fun features; Elkader whitewater feature; Manchester whitewater park — six features with grand opening this summer on June 20, 2015.

Nate Hoogeveen's "Paddling Iowa" book is a great reference.

HOW MANY DAYS OUT OF THE YEAR DO YOU TYPICALLY GET ON THE WATER?

Approximately 153 days a year include some paddling...

WHAT ARE SOME OF THE PHYSICAL AND EMOTIONAL BENEFITS OF PADDLING?

Physical workout, outside time, nature time, learning new skills, mental break from job and other stressors — time spent "in the zone" or "flow" state.

WHAT'S THE RANGE OF COSTS INVOLVED IN BUYING A CANOE OR KAYAK AND RELATED GEAR TO GET STARTED PADDLING?

That really depends on the type of paddling someone wants to get into: paddling about at Ada Hayden or similar small lakes, floating local rivers, with or without a dog or kids, paddling large lakes such as Red Rock, overnight or longer paddling trips, paddling whitewater, etc.





Piper Wall  
kayaking the  
Ocoee River  
in Tennessee.  
*Contributed  
photo by Lyle  
Danielson*

WHAT OPPORTUNITIES ARE THERE LOCALLY FOR PEOPLE WHO HAVE NEVER OR RARELY BEEN IN A CANOE OR KAYAK TO GET INVOLVED IN PADDLING AND TO LEARN FROM EXPERIENCED PADDLERS?

■ Learn from experienced paddlers: CanoeSport Outfitters classes; ISU Canoe Kayak club from September to May; Skunk River Paddlers Ada Hayden sessions if one has a canoe, kayak, or stand up paddle board and a paddle; class with ISU Outdoor Recreation Department; April whitewater class with Iowa Whitewater Coalition; some opportunities with Story County Conservation such as Wild Women

of the Woods (probably similar opportunities with many other county conservation departments).

■ Get involved in paddling: CanoeSport Outfitters classes; ISU Canoe Kayak club from September to May; JAX Outdoor Gear rentals at Ada Hayden in the summer; canoes at Hickory Grove; rentals from ISU Outdoor Recreation Department; connect with other central Iowa area paddlers through Skunk River Paddlers or Central Iowa Paddlers.

WHAT'S A BIT OF ADVICE YOU HAVE FOR SOMEONE CONSIDERING PADDLING FOR THE

### FIRST TIME OR THE FIRST TIME IN A LONG TIME?

If you want to paddle well, get good instruction — classes with good instructors, instructional videos, instructional books.

### ANYTHING ELSE YOU'D LIKE TO ADD?

Paddling should be fun. Paddling does have risks; so be smart about what you are doing — that includes wearing your life jacket (if your life jacket isn't comfortable, get one that is). Developing paddling skills and knowledge should be fun, should increase your paddling fun and will increase your paddling safety.

# Allspice: All-purpose but not all spices

BY DANIEL NEMAN  
St. Louis Post-Dispatch

**A**llspice is a victim of its own name. You can't blame someone for seeing the word "allspice" and thinking that it is a blend of many spices — or even all spices. It's a natural assumption.

But allspice is just one spice, a dried berry from a broadleaf evergreen tree that grows primarily on the islands of the Caribbean Sea and Central America. It got its English name, according to a book published in 1736, because it tastes like "all the other spices."

Usually when people today try to describe the taste, they limit the mixture of spices it resembles to cinnamon, cloves and nutmeg. Sometimes they also add juniper, ginger and black pepper.

What this means to the home cook is that allspice can be counted on to add an extra kick to practically everything. Whatever tastes good with cinnamon, cloves or nutmeg tastes even better (or at least just as good) with allspice. And it is great in the sort of things you don't necessarily associate with cloves or cinnamon too, such as soups and stews and vegetables.

The next time you make a chicken soup — or beef soup, or tomato — add a little allspice. Four or five berries will do for a gallon of soup, or one berry for every quart of liquid. Or if you are making a pot roast, stew or other braised dish, try three to five allspice berries for a lovely hint of the flavor of the islands.

And don't forget to use it in desserts, too. Allspice is like cardamom; it is just as happy in sweet dishes as it is in savory.

I decided to use it in three distinctly different ways: as part of a flavorful rub on roast chicken, in a spicy marinade inspired (and perhaps used) by the indigenous people of the Caribbean islands and in muffins made, surprisingly, with sweet potatoes.

I made the chicken first, and I'm glad I did because as it was baking a marvelous aroma of allspice permeated the kitchen. Cumin and

paprika are also major parts of this dish, but the spice that you smell is allspice. And it is sublime.

The dish is wonderfully easy to make, too. You simply combine the spices (including garlic and onion powders and salt and pepper) with just enough olive oil to make a wet paste. This you rub all over the chicken — it's fun to play with your food — and then roast it in the oven.

You don't even have to wait. With most rubs, you want to let the spices sit on the meat for a while to let the flavors permeate the food. But this dish cooks so slowly that the meat has the chance to absorb the flavor from the spices while it cooks. It only roasts at 375 degrees, rather than the 425 degrees or so usually used to cook chicken, and the chicken winds up being surprisingly tender and moist, redolent of all the good things smeared on it.

The marinade I made is more old school, meaning that the meat has to soak up the flavor before it is cooked. This is especially true because I used it to make London broil and, as with other tough cuts of meat, London broil needs a good, long marination to make it tender.

The great thing about this marinade is that it could be used for any kind of meat or fish. But try it with a London broil and let the meat marinate overnight. It is astonishingly good.

A version of the recipe apparently originally comes from the Arawaks, an indigenous people of the Caribbean islands and South America.

Ready for dessert, I also made sweet-potato muffins. I was a little uncertain about these as I was making them because the shredded sweet potato clumped together, making the batter a bit weird.

I needn't have worried. It eventually unclumped (a fair amount of stirring was involved) and became a recognizable muffin batter. They baked with no problem.

And the taste? Superb. It tasted just like carrot cake, only one in which the carrots had been removed and replaced with sweet potatoes.



*Sweet-potato muffins*

**Yield:** 15 servings  
 2 eggs  
 1 cup plus 2 tablespoons packed brown sugar  
 1/2 cup canola oil  
 1 teaspoon vanilla extract  
 2 cups all-purpose flour  
 2 teaspoons baking powder  
 1 teaspoon ground cinnamon  
 1 teaspoon freshly grated nutmeg  
 1/2 teaspoon ground allspice  
 1/2 teaspoon salt  
 4 cups peeled, shredded sweet potatoes (about 2 large)  
 1/2 cup raisins  
 1 cup chopped walnuts

■ Preheat oven to 350 degrees. Grease muffin tins to hold about 15 muffins.

■ Crack eggs into a small bowl and beat well. Add brown sugar, oil and vanilla, and whisk together until smooth.

■ In a large bowl, mix together the flour, baking powder, cinnamon, nutmeg, allspice, salt and grated sweet potato. Make a well in the center and pour in the egg mixture. Stir the egg mixture, gradually incorporating it into the sweet potato mixture. Stir in the raisins and walnuts.

■ Spoon the batter into the muffin tins; filling them to the rim will result in large caps. Bake 25 to 30 minutes, or until a toothpick inserted into the middle comes out clean. Use a paring knife around the edges of each muffin, if needed, to help pop them out of the tin. Best when served immediately.

Per serving: 284 calories; 14 g fat; 1 g saturated fat; 25 mg cholesterol; 4 g protein; 39 g carbohydrate; 21 g sugar; 2 g fiber; 163 mg sodium; 74 mg calcium.

Recipe from [allrecipes.com](http://allrecipes.com)

# Trapped by clutter and others' feelings

**P**eter Walsh, organizing expert and author of new book "Lose the Clutter, Lose the Weight," was the guest last week on The Post's Home Front online chat. Here is an edited excerpt.

**Q:** How do you nicely tell in-laws to quit bringing their extra stuff into your house? There are so many items I have no place for or don't like.

**A:** It's tough, as you don't want to offend them, but you also need to be honest and straightforward with them. Tell them in a calm way that you love them, but all the things they're bringing over are overwhelming you. Decide together on the best course of action; donations, perhaps?

**Q:** I would like to install a clothes storage system. Is there one that's easy and durable to install that you can recommend for a closet? I need one that's upright with storage baskets.

**A:** Check out most home-goods stores. I think hanging canvas in-closet systems are great, expandable and very adaptable. Decide first how much space you have and go for it.

**Q:** I go to antique shows and wonder why my grandparents and parents didn't keep some of this stuff. So I have kept things. Now I find my adult children have no sentimentality. Will they wish I had kept it if I dispose of it? Or is this the way it should be?

**A:** Chat with your kids and see what their thoughts are about this. What you find important, chances are they won't; that doesn't mean they don't love or appreciate you. Decide together on what "treasures" they would like from you and don't worry about the rest.

**Q:** I'm plagued by accumulating piles of paper, whether it takes the form of mail, kids' schoolwork and art, receipts and invoices, materials from my job, etc. I always seem to be drowning in the stuff. How do I make it stop?

**A:** Many people are uncomfortable with shredding or discarding paid bills. I have seen homes where every receipt and paid bill for the previous 10 years is strewn throughout the house. If you want to keep paid bills and/or receipts, you need to keep the paperwork under control. Start by purchasing a 12-month expanding file. When you pay bills for, say, June, place them in June section of the file. You'll come back to June 12 months later. If you haven't needed to look at the bills in that time, it's highly unlikely that you'll ever need them again. Shred them. The same system works for receipts. Or a simple, very low-tech solution to organizing receipts is to use two bankers' spikes. Get in the habit of cleaning receipts out of your wallet or purse daily. Place receipts on one of the spikes as they come in. When one spike is full, start the other. If you haven't needed any of the receipts in the time it takes you to fill a spike, chances are you never will. When you fill up the second spike, throw out all the receipts on the first.

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# ORGANIZATION

ORGANIZE Continued from page 27

**Q:** I was given expensive crystal stemware by my mother-in-law for my wedding. I don't use or want it but can't get rid of it without starting World War III. How do you store breakable things you don't want?

**A:** Bubble wrap. Solid cardboard box. Attic. Or negotiate a truce and find someone who can use and love it.

**Q:** What is your formula for keeping clothes? How often should I be getting rid of excess?

**A:** You should only have three types of clothes in your closet: clothes that fit you now, clothes that you love and clothes that get you compliments when you wear them.

**Q:** I'm a 30-something getting married this year, and for various reasons I dislike the idea of registering for a boatload

of new household items, let alone formal china or anything like that. However, I do love to cook and entertain, so I feel a little like I shouldn't give up on a registry altogether. Do you have any advice on how to approach this?

**A:** A wedding registry can easily get out of control. It's great that you have such a good perspective on it. Choose only items that you love and know you'll use. Don't stress!

**Q:** I have a box of orphan electronics cords: coaxial cables, A/V cables to connect TVs and DVD players, phone cords, ethernet connectors from old modems. What can I do with these? Recycle? Donate? Trash?

**A:** If you don't need them, pack them up, say goodbye and send them off to a donation center.

**Q:** What do you think of having yard sales? Are they generally worth the time and effort, or do you think it would just be better to donate the stuff I'm getting rid of?

**A:** Yard sales are great for getting rid of lot of stuff fast, but you have to accept that you're not going to make much money. If you have patience, a nice day, some extra time and a great sense of humor, then have a yard sale. If not, donate.

**Q:** Do you believe that eBay is a good platform for ridding homes of clutter? If so, what is the best way to determine the value of items?

**A:** eBay is a great place to assess the value of things. (Generally things are worth less than you think.) To make money, use eBay or something similar. To get rid of clutter fast (you're not going to make much money, though), try a yard sale.



**Q:** My husband, 6-month-old daughter and I are finally downsizing to a one-bedroom apartment right next to my work instead of a 2,000-square-foot home 35 miles away. How do we really push ourselves to get rid of more stuff? We are pretty progressive, but downsizing a large four-bedroom house down to a one-bedroom apartment is a big challenge!

**A:** Start by looking at the space you're moving to and be realistic about what will fit where. Then pick the "treasures" that you most love and use to go into the new space. It won't be easy, but the end result will be really rewarding. Remember, you only have the space you have. Don't overload it.

**Q:** My wife and I are at odds with our decor decisions. She likes to display things on tables, shelves, basically any surface that will hold an object. I prefer minimalism and clear, clean tables and open spaces. How can we reconcile our different tastes for decorating?

**A:** Negotiate. Negotiate. Negotiate. Start first by talking about what you both want from the space — how you want to feel in the room. Once you've agreed on that, then decide together what will work and what won't. You're a mini United Nations ... give and take. It's all about creating a space that

works for you both. Oh, and keep your sense of humor!

**Q:** Every time we visit my wife's grandparents, they give us some glass or inexpensive crystal doodad. They're not pieces from a set or well made (made in Taiwan/China stickers still on the bottom) and are definitely not within the themes of our decor, but my wife doesn't know what to do with them. She feels bad giving them away. In the meantime, they sit in a drawer and gain more companions after every visit. Any ideas?

**A:** Guilt is a wasted emotion. If a gift comes with guilt, it's not a gift but a millstone. Keep a couple in a drawer to put out if your loving grandparents come over. For the rest, pass them on to someone who will love and use them.

**Q:** I feel very overwhelmed by the amount of stuff that I have and I need to downsize, but I have this fear of getting rid of things, so I procrastinate. How do I get past this?

**A:** Accept that you may make mistakes, but that's a small price to pay for making mature, sensible decisions about creating a space that's uncluttered and reflects the life you want. You own your stuff, it doesn't own you!

# DASH

## *Your Way to Better Health*

About 70 million American adults have high blood pressure — that's one of every three adults, according to the Centers for Disease Control and Prevention. Of those, the CDC says only about half, or 52 percent, of people with high blood pressure have their condition under control. In 2013, more than 360,000 American deaths included high blood pressure as a primary or contributing cause, according to a report from the American Heart Association.

May is High Blood Pressure Education Month. Here are a few things to know:

- First heart attack: About seven of every 10 people having their first heart attack have high blood pressure.
- First stroke: About eight of every 10 people having their first stroke have high blood pressure.
- Chronic (long-lasting) heart failure: About seven of every 10 people with chronic heart failure have high blood pressure.
- Kidney disease is also a major risk factor for high blood pressure.

One of the best ways to lower blood pressure is through healthy eating through the DASH

diet. DASH stands for Dietary Approaches to Stop Hypertension. The DASH diet is a lifelong approach to healthy eating that's designed to help treat or prevent high blood pressure (hypertension). The DASH diet encourages you to reduce the sodium in your diet and eat a variety of foods rich in nutrients that help lower blood pressure, such as potassium, calcium and magnesium. It emphasizes portion size, eating a variety of foods and getting the right amount of nutrients. The DASH diet is also in line with dietary recommendations to prevent osteoporosis, cancer, heart disease, stroke and diabetes. And while the DASH diet is not a weight-loss program, you may indeed lose unwanted pounds because it can help guide you toward healthier meals and snacks.

For the fifth year in a row, the expert panel from US News & World Report chose the DASH diet as the Best Diet, Healthiest Diet, and the Best Diet for Diabetes. US News & World Report said, "DASH was developed to fight high blood pressure, not as an all-purpose diet. But it certainly looked like an all-star to our panel of experts, who

gave it high marks for its nutritional completeness, safety, ability to prevent or control diabetes, and role in supporting heart health. Though obscure, it beat out a field full of better-known diets."

The DASH diet emphasizes vegetables, fruit and low-fat dairy foods — and moderate amounts of whole grains, fish, lean meats and nuts. The standard DASH diet meets the recommendation from the Dietary Guidelines for Americans to keep daily sodium intake to less than 2,300 mg a day. The lower-sodium version of the diet matches the recommendation to reduce sodium to 1,500 mg a day if you're 51 and older, black or have hypertension, diabetes or chronic kidney disease. If you aren't sure what sodium level is right for you, talk to your doctor.

Please consult a medical professional for individual advice.

*Nicole Arnold represents Hy-Vee as a nutrition expert working throughout the community to promote healthy eating and nutrition. Nicole is a Registered and Licensed Dietitian, ACE certified personal trainer and member of the Academy of Nutrition and Dietetics.*

Here is a recipe that fits in the DASH diet:

## RASPBERRY, AVOCADO AND MANGO SALAD

■ Serves 5 (about 2 cups each)

Pureed berries give the tangy wine vinegar dressing a creamy texture that gently clings to the lettuce and fruit.

Active: 25 minutes Total: 25 minutes

### ALL YOU NEED:

1 1/2 cups fresh raspberries, divided  
 1/4 cup Hy-Vee Select extra-virgin olive oil  
 1/4 cup Hy-Vee Select red-wine vinegar  
 1 small clove garlic, coarsely chopped  
 1/4 tsp kosher salt  
 1/8 tsp freshly ground pepper  
 8 cups mixed salad greens  
 1 ripe mango, diced  
 1 small ripe avocado, diced  
 1/2 cup thinly sliced red onion  
 1/4 cup toasted chopped hazelnuts or sliced almonds, optional

### ALL YOU DO:

- Puree 1/2 cup raspberries, oil, vinegar, garlic, salt and pepper in a blender until combined.
- Combine greens, mango, avocado and onion in a large bowl. Pour the dressing on top and gently toss to coat. Divide the salad among 5 salad plates. Top each with the remaining raspberries and sprinkle with nuts, if using.

Nutrition Facts per serving: 215 calories, 16g fat, 2g saturated fat, 0mg cholesterol, 122mg sodium, 18g carbohydrate, 7g fiber, 3g protein.

Daily values: 70% vitamin C, 60% vitamin A.

Source: adapted from *Eating Well, Inc.*

*The information is not intended as medical advice.*

### Not your Mother's opal!

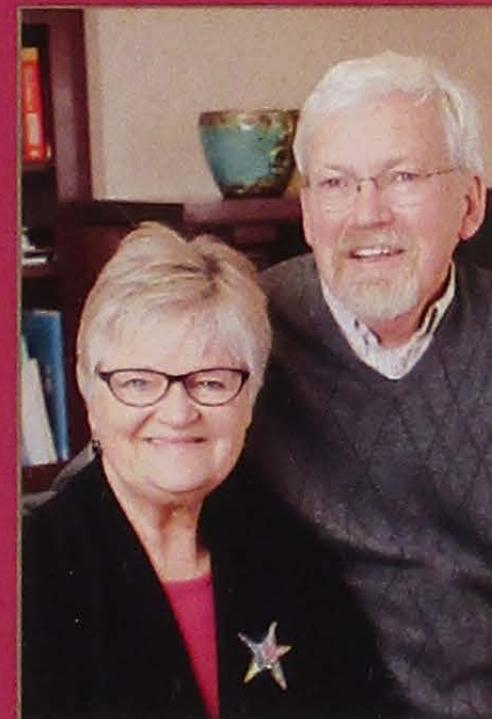


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